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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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VEGETABLES

IN

ABUNDANCE

Carrots, cabbage, cauliflower, white potatoes, and sweet potatoes will be abundant in most parts of the United States during November. Industrial feeding managers will want to include white potatoes on their daily menus, and to serve the other vegetables frequently while they are plentiful.

CAULIFLOWER

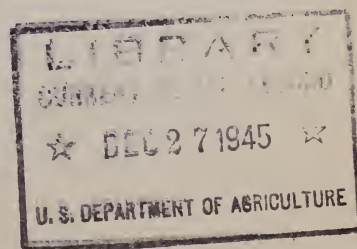
Cauliflower grown on Long Island will be plentiful this month in the markets of the Northeast, Central West, and South. Cauliflower is delicious when properly prepared, but it often is ruined by overcooking and long standing on the steam table. Cauliflower is an excellent source of Vitamin C, and when it is cooked for a short period about three-quarters of this vitamin is retained.

Cauliflower should be steamed for about 5 minutes or just until it is tender, and then seasoned and served immediately. Overcooking and long holding soften the texture, darken the color, and cause a strong flavor to develop.

Serve cauliflower buttered, with chopped parsley, creamed, or with hollandaise or cheese sauce.

CARROTS

Selection - Good quality carrots are firm, fresh in appearance, bright in color with smooth skins and even shapes. Most of the fall carrots are topped and packed in 50-pound bags. "Washed" carrots are clean and sell for a slightly higher price than the field run.



Nutritive Value - Carrots are a rich source of Vitamin A and food service managers who want to couple vitamin value with dollar economy will do well to include carrots frequently on their menus. Little of the Vitamin A value of carrots is lost in cooking, so they are nutritious whether served cooked or raw.

Sales Appeal - Carrots are a popular vegetable and have increased greatly in popularity during the last 5 years, as evidenced by the fact that the present rate of consumption is more than three times that of 1940.

Carrots have become almost indispensable in large quantity cookery because they add color and flavor to soups and stews, and color and crispness to salads and relish trays.

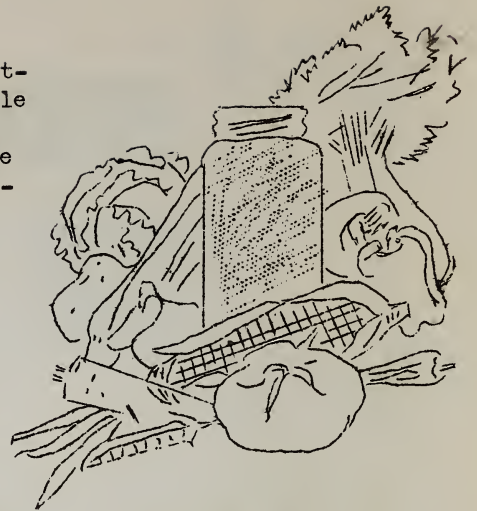
The popularity of carrots as a cooked vegetable is influenced by the way they are cooked and seasoned. Carrots often are carelessly prepared because they hold their shape and color even when they are overcooked. However, customer acceptance cannot be gained and held if the carrots look well on the serving counter but lack flavor and seasoning when tested.

Cooking - Carrots should be either steamed or cooked in a small quantity of boiling salted water. Steamed carrots should be seasoned with salt and melted butter or margarine before they are served. The carrot liquor left in the kettle may be served with the carrots or be added to soup stocks and gravies.

Try varying the way in which carrots are served by garnishing them with parsley butter, or sprinkling with chopped mint leaves, or minced chives. Creamed carrots are more flavorful when a little of the cooking liquor is added to a cream sauce made with whole milk. Steamed carrots may be glazed in the oven by spreading them with corn sirup, maple sirup, or honey mixed with a little fat.

While carrots are abundant add them to soups, stews, pot roasts, and meat extenders.

Use shredded raw carrots frequently in salads. Some popular salad combinations are: Shredded carrots and cabbage; shredded carrots, diced celery, and minced green pepper; shredded carrots, diced apples, and raisins; shredded carrots and diced pineapple molded in lemon - or orange-flavored gelatin.



MENUS

These menu suggestions for special lunches include approximately the quantities of meats, fats, and sugar allowed on the rations. Asterisks indicate foods in best supply.

1.

Pork sausage
Baked sweet potatoes*
Greens
Enriched bread with butter or fortified margarine
Baked apple
Milk

3.

Bacon omelet
Parsley buttered potatoes*
Spiced beets
Enriched rolls with butter or fortified margarine
Pumpkin pie
Beverage

5.

Baked fish
Scalloped potatoes*
Shredded cabbage*, tomato, and green pepper salad
Enriched bread with butter or fortified margarine
Lemon meringue pie
Milk

7.

Roast veal shoulder
Browned sweet potatoes*
Parsley buttered cauliflower*
Enriched bread with butter or fortified margarine
Baked caramel custard
Beverage

9.

Chicken pie
Buttered carrot strips
Parsley buttered potatoes*
Whole-wheat bread with butter or fortified margarine
Banana pudding
Beverage

2.

Veal stew with potatoes*, carrots and onions
Lettuce and tomato salad
Whole-wheat bread with butter or fortified margarine
White cake with orange filling
Milk

4.

Hash with potatoes*, cabbage*, and carrots
Whole-wheat bread with butter or fortified margarine
Sweet potato* custard
Milk

6.

Spaghetti with meat balls
Baked acorn squash
Relish plate of celery curl, carrot sticks, rutabaga slices, green pepper ring
Whole-wheat bread with butter or fortified margarine
Chocolate pudding
Beverage

8.

Baked beans with salt pork
Shredded carrots and cabbage* salad
Fried eggplant
Whole-wheat bread with butter or fortified margarine
Applesauce and molasses cookies
Milk

10.

Scalloped ham and potatoes*
Green beans
Head lettuce salad with Thousand Island dressing
Enriched bread with butter or fortified margarine
Apple Betty
Milk

11.

Corned beef with cabbage*
Steamed potatoes*-in-jackets
Crisp carrot sticks
Enriched bread with butter or fortified margarine
Fruit cup with peanut butter cookie
Milk

12.

Fried oysters (or fish)
Potatoes* au gratin
Tossed green salad
Whole-wheat rolls with butter or fortified margarine
Sherbet
Beverage

13.

Hard cooked eggs au gratin
Oven browned potatoes*
Shredded carrot, apple, and raisin salad
Enriched bread with butter or fortified margarine
Chocolate cake
Beverage

14.

Roast turkey with dressing
Mashed potatoes*
Buttered cauliflower*
Cranberry jelly
Enriched rolls with butter or fortified margarine
Steamed fruit pudding with lemon sauce
Beverage

HINTS ON STORING PERISHABLE FOODS



Perishable foods, such as dairy products, meats, fish, poultry, eggs, fruits, and vegetables, should be inspected and stored as soon as possible after delivery.

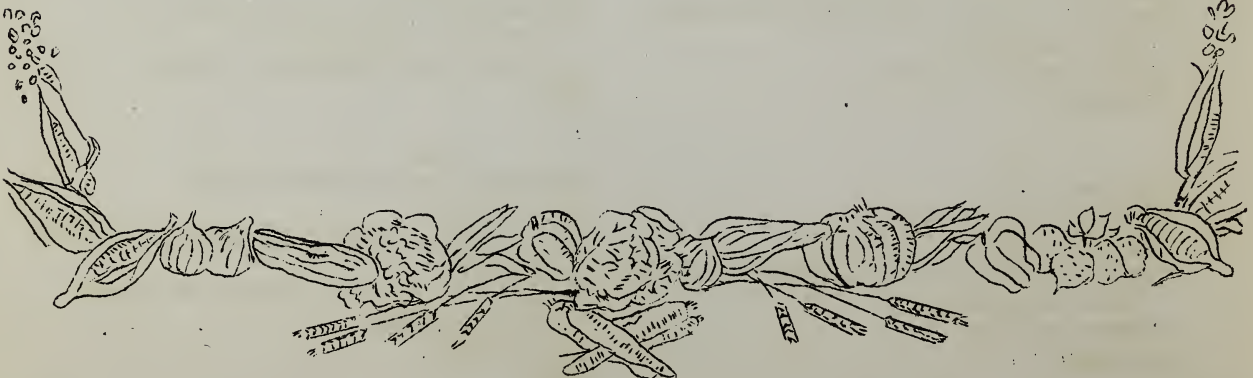


The quality of the food served in a plant cafeteria depends not only on the quality of food purchased but on the conditions under which it is stored, and the length of the storage period. Proper storage of perishable foods helps to decrease waste, and to preserve the appearance, flavor, and nutritive value of the foods. Not only should perishable foods be held under proper storage conditions but they should

be placed in the refrigerators in such a way that the older foods will be used first.

Boxes and crates should be placed on racks or shelves in order to keep them dry and to allow for a free circulation of air.

Waste may be prevented by checking refrigerator supplies daily and adjusting the menu to include perishable foods that need to be used immediately.



Care of Refrigerators

1. Keep refrigerators immaculately clean. Wipe up foods spilled on floors or shelves, immediately.
2. Wash the walls and floors of refrigerators at least once a week with hot, soapy water. Remove shelves and scrub them thoroughly with a stiff brush.
3. Flush out drain pipes and traps at least once a week with hot water. Keep drains free from dirt and open at all times.
4. Be sure that doors fit tightly and maintain a constant temperature in the boxes by opening the doors as seldom as possible.
5. Defrost pipes and fan grills when the layer of ice becomes about 1 inch thick. Accumulated ice on the pipes reduces the efficiency of the refrigerator.

THE USE OF DDT

There has been so much written about the insecticide DDT, used by the military forces during the war, that many industrial feeding operators have inquired about its use for killing cockroaches.

The experts in the Bureau of Entomology and Plant Quarantine tell us that, although DDT will kill roaches, they believe that pyrethrum is a better product to use for this purpose. The choice of pyrethrum is made partly because it is not toxic to man, whereas DDT in sufficient quantity is known to be poisonous.

Pyrethrum is a powder made from the blossoms of a rare plant. It kills the insect by asphyxiation immediately on contact. It is used either as a dust spray or as a petroleum base spray.

During the war the supply of pyrethrum was reduced as Japan had been its largest producer, and the supplies from other sources were being used for military purposes. On September 30, 1945, pyrethrum was released from control by the War Production Board, and a good supply will soon be available for use in industrial feeding establishments.

Guide for Storing Fruits and Vegetables

1. Store fresh fruits and vegetables in a separate refrigerator at a temperature of 40° to 50° F.
2. Examine fresh produce carefully before it is stored and cull out overripe items.
3. Place crates of fruits and vegetables in an accessible position so that they may be used in rotation.
4. Do not stack crates of fruit and vegetables on the "bulge" side. Cross-stack them whenever possible to allow for a good circulation of air.
5. Use thoroughly ripened fruits and vegetables as soon as possible after they are delivered.
6. To ripen green fruits and vegetables, such as tomatoes, avocados, melons, peaches and pears, place them in the dry storage room at a temperature of about 65° F.
7. Sort fruits frequently during storage and remove decaying pieces.
8. Do not remove paper wrappings from fresh fruits as they help to keep the fruit clean, prevent spoilage, and excessive drying.
9. Never store bananas in the refrigerator but keep them in the dry storage room -- preferably at a temperature of 60° to 65° F.
10. Do not store sweet potatoes, winter squash, and dry onions in the refrigerator. Store them in a well-ventilated room at a temperature of 40° to 60° F.
11. Store white potatoes away from the light in a moderately dry, well-ventilated room at a temperature of 40° to 60° F. Potatoes are susceptible to freezing and therefore should not be held in the refrigerator or where they may be frosted.

Provide a slatted platform raised about 6 inches above the floor on which potato sacks can be cross-stacked. This will allow for a good circulation of air.

Sort potatoes once in every 2 weeks and remove those that are spoiled and sprouted.

Place potatoes which may have been exposed to low temperature (35° F. or lower), and have developed a sweet flavor, in a room at about 65° F. for a week to restore the original flavor.

12. Hold frozen fruits and vegetables at a temperature of 0° to 10° F. Frozen vegetables should be used while still in a frozen state.

Defrost frozen fruits for 24 hours at a temperature of approximately 40° F. and use them immediately after defrosting. Thawed fruits and vegetables should never be refrozen.

